

Warriors Empowered Through Healing Yoga and Nutrition Class

FAYETTEVILLE, N.C., Feb. 26, 2018 /[PRNewswire-USNewswire](#)/ -- Instructors taught injured veterans and their family members about the importance of heart health and how every part of the body has the potential to impact another during a recent Wounded Warrior Project® (WWP) class. A gentle seated yoga and meditation class to promote physical and mental health followed.

Warriors learned about what causes the heart to suffer, both physiologically and emotionally. They focused on the connection between mind and body through yoga, light meditation, and healthy eating. The group also received tips on enhancing social connections, emotional regulation, and other beneficial forms of physical exercise.

"I like coming out to these Wounded Warrior Project events because it gives me a sense of calmness – something I didn't have before," said Army veteran Renee Brunson from Fayetteville. "Veterans and spouses benefit because these events touch the heart and mind, which is essential for recovery. It takes us away, for a brief moment, from our problems."

After the class and light yoga workout, warriors and their families enjoyed a healthy lunch while getting to know each other in a comfortable setting.

Activities like yoga and socializing with other veterans can help injured warriors cope with stress and emotional concerns. In a WWP [survey](#) of the injured warriors it serves, more than half of survey respondents (51.6 percent) expressed they talk with fellow veterans to address their mental health issues, and 30.3 percent indicated physical activity helps.

WWP program gatherings provide opportunities for injured veterans to form bonds with one another and their communities. WWP also serves warriors by focusing on mental and physical health and wellness, financial wellness, independence, government relations, and community relations and partnerships.

To learn more about WWP's Physical Health and Wellness program, click [here](#).

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more [here](#).

SOURCE Wounded Warrior Project

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Additional assets available online: [Video \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2018-02-26-Warriors-Empowered-Through-Healing-Yoga-and-Nutrition-Class>